

Restoration & Balance: Chinese Medicine's Gift for Survivors of Trauma

This series of monthly workshops focus on restoring balance in the autonomic nervous system. They integrate:

- Chinese Medicine's Five-Phase Theory,
- The neurobiology of the Self Protective Response, and
- Stephen Porges' PolyVagal theory.

The series rests on 3 principles:

- All VA providers have a role to play in understanding and treating the impact of trauma,
- Chinese medicine interfaces smoothly, enriches and informs study of the autonomic nervous system, and
- Engaging the body is essential to healing from experiences held in tissue-memory.

Each workshop both stands alone and is connected to the series. You are welcome to come to one or all.

Workshop	Explore the:
Restoring Relationships June 5, 2015 9a–12p Dental Conference Room	<ul style="list-style-type: none">• Message of completion of the Self Protective Response that comes from the heart, and• "Personality" of the Pericardium in Chinese Medicine.
Restoring A Sense of Self July 17, 2015 9a–12p Dental Conference Room	<ul style="list-style-type: none">• Physiology and psychology of the mediastinum and the impact of "heart-felt" trauma on consciousness, presence and sense of "self", and• "Personality" of the Heart in Chinese Medicine.
Restoring Infrastructure for Connection	<ul style="list-style-type: none">• Physiology and the psychology of fascia after high impact injury, and• "Personality" of the Triple Burner in Chinese Medicine.

<p>August 28, 2015 9a–12p Dental Conference Room</p>	
<p>Restoring Integrity in the Guts September 11, 2015 9a–12p Dental Conference Room</p>	<ul style="list-style-type: none"> • Impact of Adverse Childhood Experiences on adult morbidity and mortality as a public health concern, and • “Personality” of the viscera in Chinese Medicine and their role in digesting life experiences, and harvesting life lessons.
<p>Restoring Somatic Mindfulness October 2, 2015 9a–12p Location TBD</p>	<ul style="list-style-type: none"> • Movement from Exploratory Orienting to Preparatory Orienting as the first step of the Self Protective Response, • Physiology of touch and role of the skin as a metaphor for a felt sense of a container, and • “Personality” of the Lung and the Colon in Chinese Medicine.
<p>Restoring Vitality In The Breath November 6, 2015 9a–12p Location TBD</p>	<ul style="list-style-type: none"> • System of diaphragms as containers of affect after high-impact traumatic events, • Movement of the breath through the diaphragm system, and • “Personality” of the Lung in Chinese Medicine.
<p>Restoring Capacity for Safety December 4, 2015 9a–12p Location TBD</p>	<ul style="list-style-type: none"> • Physiology of the Kidney/Adrenal System as the signaling center for threat, • Importance of building capacity in the kidney/adrenal system as a foundation for establishing a felt sense of safety in trauma survivors, and • “Personality” of the Kidney and Bladder in Chinese Medicine.
<p>Restoring Safety In The Brain Stem After Brain Injuries January 8, 2016 9a–12 p Location TBD</p>	<ul style="list-style-type: none"> • Physiology of the arousal response in the brain stem after traumatic brain injury, • Relationship of the brain stem and the kidney/adrenal system in Chinese Medicine, and • Personality” of the Kidney and Bladder in Chinese Medicine.

Restoring Proprioception After High Impact Events February 5, 2016 9a–12p Location TBD	<ul style="list-style-type: none"> • Movement from Preparatory Orienting to Defensive Orienting and the activation in the Sympathetic Nervous System as the third step of the Self Protective Response, • Physiology of high-impact injuries and their impact on the proprioception system, vestibular and kinesthetic function, and • “Personality” of the Liver and Gall Bladder in Chinese Medicine.
Restoring The Mobilization Response March 4, 2016 9a–12p Location TBD	<ul style="list-style-type: none"> • Physiology of the Sympathetic Nervous System and its role in the function of tendons, ligaments and joints, • Joints as secondary diaphragms and containers of sympathetic arousal after high-impact traumatic events, and • “Personality” of the Liver and Gall Bladder in Chinese Medicine.
Restoring The Orientation System April 1, 2016 9a–12p Location TBD	<ul style="list-style-type: none"> • Impact of traumatic brain injuries on the visual system and its relationship to memory, cognition, kinesthetic sense, motor and auditory integration, • Physiology of the eyes, the optic nerve and the neck in the context of Veteran’s capacity to orient to threat, and • “Personality” of the Liver and Gall Bladder in Chinese Medicine.
Restoring Balance in the Fluid System After Toxic Exposure May 6, 2016 9a–12p Location TBD	<ul style="list-style-type: none"> • Dynamics between the fluid system and the fascia in the context of exposure to toxic substances, • Impact of arousal in the fluid system for hyper-sensitive patients, and • “Personality” of the Triple Burner in Chinese Medicine.

Our Veterans are fortunate that they live in a time and a place where the best of Western Medicine and the gifts of Eastern medicine can come together in service to their healing.

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Questions – Call 301-806-4003

Ms. Duncan, a charter member of the DC WRIISC Integrative Health & Wellness Program, has served on research teams evaluating acupuncture for treatment of chronic headaches after traumatic brain injuries; PTSD-related insomnia; compassion fatigue in military caregivers; for Gulf War Veterans Illness; and PTSD. She received her Acupuncture Master's Degree from the Maryland University of Integrative Health in 1990, and completed Somatic Experiencing training in 2007. She has a rich appreciation for acupuncture's interface with the neurophysiology of traumatic stress, and a heart-felt concern for Military Families.

Register at: